

Full Report (All Nutrients) 35168, Fish, salmon, king, with skin, kippered, (Alaska Native)

Report Date: July 16, 2017 02:56 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water 1	g	61.52	1	--
Energy	kcal	209	--	--
Energy	kJ	876	--	--
Protein 1	g	23.19	1	--
Total lipid (fat) 1	g	12.95	1	--
Ash 1	g	3.21	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca 1	mg	55	1	--
Iron, Fe 1	mg	0.55	1	--
Magnesium, Mg 1	mg	29	1	--
Phosphorus, P 1	mg	270	1	--
Potassium, K 1	mg	390	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na 1	mg	870	1	--
Zinc, Zn 1	mg	0.77	1	--
Copper, Cu 1	mg	0.148	1	--
Manganese, Mn 1	mg	0.037	1	--
Selenium, Se 1	µg	30.5	1	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin 1	mg	0.043	1	--
Riboflavin 1	mg	0.201	1	--
Niacin 1	mg	8.610	1	--
Pantothenic acid 1	mg	0.822	1	--
Vitamin B-6 1	mg	0.378	1	--
Folate, total 1	µg	3	1	--
Folic acid	µg	0	1	--
Folate, food 1	µg	3	1	--
Folate, DFE	µg	3	--	--
Choline, total 1	mg	98.9	--	--
Betaine 1	mg	3.6	1	--
Vitamin B-12 1	µg	3.65	1	--
Vitamin A, RAE	µg	12	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	41	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) 1	mg	0.42	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta 1	mg	0.00	1	--
Tocopherol, gamma 1	mg	0.00	1	--
Tocopherol, delta 1	mg	0.00	1	--
Vitamin D (D2 + D3)	µg	1.2	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin D 1	IU	46	1	--
Vitamin K (phylloquinone) 1	µg	0.0	1	--
Lipids				
Fatty acids, total saturated	g	2.440	--	--
8:0 1	g	0.000	1	--
10:0 1	g	0.000	1	--
12:0 1	g	0.000	1	--
14:0 1	g	0.490	1	--
15:0 1	g	0.040	1	--
16:0 1	g	1.520	1	--
17:0 1	g	0.060	1	--
18:0 1	g	0.330	1	--
20:0 1	g	0.000	1	--
22:0 1	g	0.000	1	--
24:0 1	g	0.000	1	--
Fatty acids, total monounsaturated	g	5.860	--	--
14:1 1	g	0.000	1	--
15:1 1	g	0.000	1	--
16:1 undifferentiated 1	g	0.680	1	--
17:1 1	g	0.000	1	--
18:1 undifferentiated 1	g	2.440	1	--
20:1 1	g	1.530	1	--
22:1 undifferentiated 1	g	1.100	1	--
24:1 c 1	g	0.110	1	--
Fatty acids, total polyunsaturated	g	2.090	--	--
18:2 undifferentiated 1	g	0.160	1	--
18:3 undifferentiated 1	g	0.170	1	--
18:4 1	g	0.160	1	--
20:2 n-6 c,c 1	g	0.030	1	--
20:3 undifferentiated 1	g	0.030	1	--
20:4 undifferentiated 1	g	0.140	1	--
20:5 n-3 (EPA) 1	g	0.460	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
21:5 1	g	0.020	1	--
22:4 1	g	0.020	1	--
22:5 n-3 (DPA) 1	g	0.110	1	--
22:6 n-3 (DHA) 1	g	0.790	1	--
Cholesterol 1	mg	67	1	--
Amino Acids				
Tryptophan 1	g	0.256	--	--
Threonine 1	g	1.022	--	--
Isoleucine 1	g	0.909	--	--
Leucine 1	g	1.656	--	--
Lysine 1	g	1.902	--	--
Methionine 1	g	0.625	--	--
Cystine 1	g	0.199	--	--
Phenylalanine 1	g	0.899	--	--
Tyrosine 1	g	0.757	--	--
Valine 1	g	1.117	--	--
Arginine 1	g	1.363	--	--
Histidine 1	g	0.549	--	--
Alanine 1	g	1.476	--	--
Aspartic acid 1	g	2.205	--	--
Glutamic acid 1	g	3.048	--	--
Glycine 1	g	1.230	--	--
Proline 1	g	1.079	--	--
Serine 1	g	0.909	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD